UNESCO CREATIVE CITIES NETWORK OF GASTRONOMY

APPLICATION FOR THE CITY OF BERGEN IN THE BERGEN REGION
Welcome to the City of Bergen

The City of Bergen’s application to be a member of “Creative Cities Network” is to be seen as an application on behalf of the entire Bergen Region and its communities. The City of Bergen has for over thousands of years been an important international marketplace for the region’s natural food assets, as well as being an international creativity and cultural centre, with great potential to use gastronomic ideas to promote sustainable values for food production in the region.

The coastal and natural resources in the region provided food and income for the people of Bergen. The Bergen Region has a great coastal heritage with strong marine and maritime traditions. Ever since King Olav Tryggvason called into our harbour and founded the city in 1070 AD, Bergen has attracted talented and entrepreneurial people from all corners of the globe. Cod exports to Europe and then to the world created a great medieval port, and an important base for the Hanseatic League. This period has the Bergen as its most important monument: a UNESCO World Heritage site.

Our medieval networks and ports built the ground works for a contemporary city that is connected to the ocean in more ways than one. Bergen is a major university and research node for marine, maritime, and climate research. Norway is the second largest seafood exporter in the world, and Bergen is the epicenter of this industry, with the Bergen Seafood Cluster being home to some of the largest and most successful seafood companies in the world. The Norwegian Salmon raised in our fjords are Norway’s last Vikings: great conquerors as a worldwide best-seller.

The Bergen Region’s food strategy will create a structure for fulfilling the criteria required by UNESCO for a City of Gastronomy. The gastronomy cluster is future oriented, with sustainability; reduction of negative impacts on the environment, and production using the best possible practices being the creative driving force behind current and future production methods.

We hope you will enjoy discovering what the Bergen Region has to offer to the Creative Cities Network of Gastronomy.

Sincerely,
Mayor

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The Bergen Region: An introduction

The Vision and Goals of Bergen’s application

The sea has for thousands of years been a vital provider of both living and non-living resources for the people of Bergen. Importantly, the living resources are renewable, but not limitless and thus it is necessary to manage them in a responsible manner. The City of Bergen’s application is an important part of the solution on how to feed a growing world population. The concept of sustainable development, as coined by Norway’s previous prime minister and the Brundtland Commission in the mid 1980s, argues that we must manage our resources so that future generations can also enjoy them.

For the Bergen Region, a deep understanding of this elementary truth and its implications, by all stakeholders, is a prerequisite for environmentally responsible conduct as well as for the successful development of a sustainable food industry.

The Bergen Region has a vibrant and creative food industry, with a history dating back to the Viking age. The coast and our fjords have always played an important role for food, recreation and social development. Today the Bergen Region has a leading role in ensuring global food security, a highly salient point in today’s growing world population.

The goal of the application is not just to see what the UNESCO network can do for us, but to see what we can give back to the network. The Bergen Region can contribute a vast amount of knowledge towards creating an international and sustainable gastronomy network.

The UNESCO application is a cross-sector joint initiative lead by the City of Bergen and the Hordaland County Council. It is an integral part of the Bergen Region’s food strategy, which aims to strengthen the food, cultural and tourism industries in the region. For such a holistic approach to be successful, innovative agricultural and aquaculture best practices and approaches, which combine traditional knowledge with modern technologies, need to be adopted. These in turn need to be adapted to the needs of a sustainable food management. Another important aim is in making the locals feel pride in the region’s local food production, restaurants, and traditional food history and culture.

The new food strategy will gather the threads across the food sectors, and identify common goals, challenges and strategies. It is hoped that this in turn can provide the people living in the Bergen Region with more flavourful and diverse meals, which should in turn increase value creation, reduce the impact on the environment as well as have other positive effects.

This strategy is not a substitute for sector-specific initiatives and established industry initiatives. It does however, establish a common direction for the long-term food strategy, as well as provide for opportunities regarding both the public and private sector.

We want to ensure the following:

- A food culture that reflects the seasons and the landscape – with products from the inland mountains, fjords, coast and sea.
- To take care of our unique heritage combined with sustainable harvesting, production, processing, preservation and preparation of fish and agricultural products.
- To consolidate Bergen as an international food trade centre and a unique market place. The city has through the centuries served as a trading hub for manufacturers, and consumers, the seafood sector and the major world markets.
- That creative solutions provide the best growth conditions for value creation and creativity, in a region where green meets blue, vibrant soul meets industry, consumer meets producer and innovation meets tradition.

We would strengthen these qualities in the region and will help the food sector contribute to increased economic growth and social benefits for the Bergen Region.

“The government’s ambition for the Norwegian seafood industry is that Norway will be the world’s leading seafood nation. If one asks what Norway is known for abroad, the dominant answer will be fish and seafood. Fish – the most Norwegian, but one of the most international products we have”. Fisheries and Coastal Affairs Minister Lisbeth Berg-Hansen, in her 2013 speech on the new Storting report “The world’s leading seafood nation”.

“Creating a basis for future sustainable gastronomy”.

The UNESCO Creative Cities Network of Gastronomy
Application for the City of Bergen
1.2 The City of Bergen Management Team

Committee Leader
The Committee is led by Gunnar Bakke, Business Commissioner of the City of Bergen.

Gunnar Bakke, Business Commissioner of the City of Bergen
As a member of the City Government, Gunnar Bakke is responsible for culture, business development, sports and church affairs. As the Commissioner for business and culture for the City of Bergen, Gunnar will work to ensure that Bergen continues to be an exciting, innovative and vibrant business city. It is important to strengthen and clarify the council’s role in the interaction between industry, academics and government. The three main industries that will be focused on are innovation and creativity, tourism and increased use of wood in construction.

Field Leaders
Mona Hellefoss, Deputy County Mayor of the Hordaland County Council
Hordaland County Council is responsible for developing the Hordaland community. Hordaland County Council provides secondary education, dental services and public transport to residents of the county. Hordaland County Council is responsible for road access and to facilitate economic growth, agricultural development, leisure experiences and culture. Hordaland County Council also takes care of the tasks and issues that cut across municipalities.

Ole Bakkebø, Agricultural Director of the Agricultural Department of Hordaland
The Agriculture Department of Hordaland is the regional representative of the national agricultural policy within the Ministry of Agriculture, control and development. They are an important and visible development actor in the county and contribute to the development of traditional agriculture products and production methods, including the development of rural-related industries such as production of local food, rural-based tourism and increased use of wood in the construction industry.

Nina Broch Mathisen, Director of Innovation Norway Hordaland
Innovation Norway contributes to innovation in business, development in districts and the development of competitive Norwegian companies. Innovation Norway promotes Norwegian industry and Norway as a brand destination. As a global organisation, they are represented in more than thirty countries. In countries where we are not represented by an office, they interact with major international networks through Norwegian embassies. In addition, Innovation Norway is represented in a number of other Norwegian counties.

Peter Haugan, Vice President of UNESCO Norway and Professor at UiB
The University of Bergen is a young, modern university with most of its premises concentrated in the heart of the city of Bergen. There are about 34,500 students enrolled, and 3,200 faculty and staff. UiB is heavily involved in international co-operation in research and education and has signed bilateral agreements with universities, research institutions and academic centres of excellence in all parts of the world.

Lars Peter Toelle, Organization Director of The Hordaland Farmer’s Union
The Hordaland Farmer’s Union is an agricultural organization, whose goal is to get the best possible income and favourable conditions for farmers in Western Norway. Their membership work is varied and diverse — from traditional livestock farmers to different service and processing programs. The main fields of work for the board and the organization include political activities, waterfront rights, traditional agriculture, new industries, environment, health and safety, recruitment and training and education.

Vidar Ulriksen, Region Director of the Directorate of Fisheries
The Directorate of Fisheries and Coastal Affairs is responsible for a number of different fields including the fishing and aquaculture industries, seafood safety, fish health and welfare, ports, shipping and infrastructure preparedness against acute pollution. Some of the key areas the Directorate of Fisheries and Coastal Affairs are involved in include: identifying optimal exploitation of living marine resources, prudent management of the marine environment; contribution towards a profitable and self-sustaining fisheries industry; and helping safeguard the development of aquaculture.

Eva Danielsen, President of the Bergen Chef’s Master Guild
The Bergen Master Chefs Guild is a Guild of chefs in the Bergen region founded on the 15. February 1955 at a restaurant called Bellevue. The Guild is currently responsible for many of the region’s culinary activities, cooking contests, trade shows and training. Activities include holding dinners/events on the Haakonshallen when the Bergen Municipality or other large organizations hold their anniversaries, or traveling to other Norwegian hotels and other food service businesses. Members also include companies, family amusement parks, alpine facilities and other attractions.

Harm Christian Tolden, Director General of the City of Bergen
Harm Christian is the Director General for the department of culture, sports and business development. The municipalities are the most important units of local government administration and they are responsible for kindergarten, primary and lower secondary education, social services, municipal roads, water and sewage and zoning regulation.
Dirk Kohlmann, Head of the Development Section of the Agricultural Department of Hordaland

The Agriculture Department of Hordaland is the regional representative of the national agricultural policy within management, control and development. They are an important and visible development actor in the county, and contribute to the development of traditional products and production methods, including production of local food, rural-based tourism and increased use of wood in the construction industry.

PROJECT MANAGER
Tanja Hoel, Manager of Fiskeriforum Vest
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Fiskeriforum Vest (FFV) is a regional marine business organization whose main role is to contribute to a knowledge-based economic development and strengthen regional collaboration between government, industry and research. The organization is also a policy vocal Bergen Municipality and Hordaland County on matters concerning marine industrial policy.

PROJECT COORDINATOR: FOOD STRATEGY
Anders Waage Nilsen, Director of Dreis AS

Anders Waage Nilsen is the director of Dreis AS, a consulting company that works with changes in processes in the private and public sectors, with particular emphasis on digitalization, energy conversion and user interaction. He has a varied professional background as a journalist, entrepreneur, consultant and cluster facilitator in tourism and media.
Contributing to responsible and sustainable food production

The earth’s oceans and coastal areas provide an essential part of the global future food sources, wealth and well-being. The EU’s maritime regions for example, account for around 40% of the EU’s GDP, and the maritime economy accounts for around 3 to 5% of the EU’s GDP. The fast growing global population will increasingly depend on marine food sources (including sustainable aquaculture). Oceans and seas offer a huge potential: from undiscovered marine species with potential health and nutrition benefits, to renewable energy, to playing a crucial role in developing transport and tourism.

Food production, human nutrition and the incidence of diet-related diseases are becoming increasingly important in our rapidly changing societal environments. High quality diets and proper physical activity are the most critical determinants in human health and for quality of life in an ageing society.

Agriculture, forestry, aquaculture, food security and climate change pose key challenges to the world. The FAO has stated that sustainable aquaculture production has to increase dramatically to meet the world’s food demand. This is estimated to rise as much as 50% by 2030 and to double by 2050, due to population growth, urbanization and increased affluence in many societies. The 2007-2008 world food crisis was a stark reminder that all countries need to build more resilient food systems in the light of expected (and unexpected) changes ahead. Oceans and seas are under huge pressure from human activities and climate change. The growing vulnerability of coastal areas’ increasingly crowded waters, the key role of the oceans in the climate system and the continuous deterioration of the marine environment all call for a stronger focus on our oceans and seas. At the same time, consumer expectations regarding food sustainability, quality, safety, price and convenience, are also changing.

Managing the sea’s resources has been and continues to be a vital task for Norway, with Norway’s jurisdictional area at sea nearly seven times larger than Norway’s landmass. The Bergen Region is dedicated to a development oriented world in marine research and management. The aim is to contribute towards increased food safety and food security for a growing world population.

“The Ministry of Fisheries and Coastal Affairs is committed to research and implementing health, safety, and sustainable seafood practices in order to maintain future sustainable food production”.

THE BERGEN REGION’S FISHING FLEET is an innovation leader in sustainable fishing practices. It is amongst the most modern anywhere on the globe and this along with strict fishing quotas, means that the environmental impacts are kept low.
Norway has Europe’s longest coastline and the Gulf Stream ensures that the Norwegian coast has a much milder climate than the latitude would suggest. This indented and sheltered coastline has created great conditions for food production, and has been a defining factor for two of Europe’s main fish stocks, with Norwegian arctic cod and Norwegian spring-spawning herring having their main spawning grounds here.

Almost half of the total area of Norway consists of mountains. The mountainous areas have by and large relatively few species and share some common characteristics. Even still, the great geological and climatic variation among the different mountainous areas still account for some differences. Additionally, there are also calcareous areas with a greater diversity of plants, insects and other organisms. Some Norwegian mountain areas have populations of larger mammals, such as reindeer, wolves and foxes. These are the fragile remains of an original ecosystem that once existed in all the Norwegian mountains.

The fjords are the soul of Norway – and certainly its most magnificent attraction. The fjords you see were carved by a massive sheet of ice up to three kilometres thick that covered Northern Europe in a succession of ice ages. As you peer up at the towering mountains surrounding the Nærøyfjord, the narrowest fjord in the world, you can appreciate the immense power of those forces of nature. As you cross the fjord, you travel in the wake of fishing boats and merchant ships. Most of the landscape has changed little since Viking longboats set sail for distant shores. From the air, you see how unspoiled Fjord Norway really is. Most is still wilderness.

You can join friends for a glacier walk with an experienced guide, hiking from lodge to lodge high up in the mountains. You can feel the splash of icy water as your raft speeds down the river rapids, or try fishing in the fjord, feel the tug on your line, and pull a huge cod into your boat. Seasons are very real here. In the spring you can sense joyous expectation in the eyes of village farmers and city dwellers, and in the swelling birch buds that lend mountains a lavender hue. In the autumn, the landscape bursts into flame for a few glorious weeks, before the colours withdraw to their hiding places, waiting for spring to re-emerge.

Due to the favorable climate, the fresh air and abundant mountain pastures, the Bergen Region produces ingredients that are known for their high quality, which include fruit, berries, lamb, trout, oysters, mussels, sea trout, salmon and goat’s cheese.
The City of Bergen: A World Heritage City

Bergen is a city and municipality in the Hordaland County. It is Norway’s second largest city with 270,000 inhabitants and is an international city packed with small-town charm and atmosphere. As an European City of Culture and a World Heritage City, Bergen offers unique cultural and natural experiences. Bergen’s geographical position at the entrance to the fjords means the city is often referred to as “the Gateway to the Fjords of Norway.”

The very first buildings in Bergen were alongside the harbour called Bryggen. Bryggen has been the nerve centre of the city for hundreds of years and the silhouette of its ancient gables is perhaps the most familiar image in all of Norway. In 1360 the Hansas – a German guild of merchants – set up one of their import/export offices on Bryggen and dominated trade for the next 400 years. Bryggen is now on UNESCO’s World Heritage List and the city of Bergen is a designated World Heritage City. The meander through Bryggen’s narrow alleyways made even darker and more mysterious by overhanging balconies, is a step back into a time hardly touched by the passage of centuries. Although 61 of Bryggen’s buildings are preserved and protected they are not a museum. Bryggen’s spectacular wooden architecture shelter a living community of shops and offices, artists’ studios, craftspeople’s workshops, and restaurants.

Bryggen’s Museum, in a beautiful modern building, houses the extensive medieval finds excavated nearby, and the Hanseatic Museum is in one of the old Hansa buildings and illustrates the life of a 16th century merchant. Putting all of these aspects together, you have an unmissable chance to experience life am Bryggen stretching from time immemorial to the present today.

As far as landscape is concerned, the Bergen Region has a bit of everything: high mountains and deep fjords, farmland and forest, waterfalls and lakes, beaches and steep cliffs, glaciers and meadows. This coupled with its opportunities for adventure and sports make the region a must-see for any traveller looking for a lasting memory. Tourism is a major industry for the Bergen Region, and the number of tourists visiting has increased significantly in recent years and looks set to increase in the years to come, partly due to the additional destinations available from the expansion of the Bergen airport.

The city itself is like a spectacular amphitheatre, clambering up the mountain sides and looking out to the sea and fjords, you cannot help but feel a sense of wonder and excitement. You can roam through historic districts, or take in the atmosphere of the modern parts of the city. Tradition, initiative and drive have made Bergen one of Norway’s most dynamic cultural cities.

Getting to and from Bergen could not be easier; with direct flights to all major European hubs, Bergen has Scandinavia’s 5th busiest airport. The airport is currently undertaking an ambitious expansion project, with a new terminal expected to be completed in 2016, which will include a direct link to the city centre and suburbs with the city’s light rail. The suburbs and the centre of town are well connected through this light rail, and through a regular bus service. National destinations can be reached with ease by coach, train, ferry and plane services, as well as of course by car.
The main long term strategy for the Bergen Region is for it to become a national leader in knowledge based, sustainable industry development, specializing in the industries with which the region has a natural affinity towards by 2025.

Business Region Bergen represents the 21 municipalities that form the Bergen Region. It works to strengthen and develop trade and industry in the Bergen Region, especially within the region’s most important industries. Our industries represent a range of different sectors, and an increasing number of the products are based on research and development sourced from the Bergen Region. There are five industry areas that Bergen has a natural affinity towards: the energy sector; the maritime sector; the marine industry; the experience, culture and tourism sector; and the media and culture based sectors.

The “natural affinity” refers to the Bergen Region’s topography and history. For example, hundreds of waterfalls, lakes and rivers, as well as the fact that four-fifths of the oil and gas produced in Norway come from fields off the coast of the Bergen Region, mean that hydro-electric power and oil production are huge industries for the region. Throughout Norway’s history, Bergen has been our nation’s international trading centre. The city, and the rest of the region, still has great potential for development, and business opportunities for both individuals, national and international companies.

The goal is to contribute to sustainable and knowledge based growth, diversity and high level of employment in the region.

"Bergen has a long coastal history that has created the basis for our position today as the headquarters for several of the world’s largest seafood companies and a world class marine educational and research centre”.

– Commissioner for Business, Gunnar Bakke, The City of Bergen
The Bergen Region generating Seafood

Aim
To become a leading competence region and global deliverer of high quality seafood and of marine products with significance for health and welfare.

Number employed: 4,500
Turnover: 5.8 billion USD
Value added: 1.4 billion USD
Companies: 1,116

The Bergen Region generating experiences

Aim
To become Northern Europe's most exciting region for cultural and nature-based experiences.

Number employed: 14,488
Turnover: 2.0 billion USD
Value added: 0.8 billion USD
Companies: 4,173

The Bergen Region generating culture

Aim
To become a leading region in Northern Europe within media, film, music and design, as well as to be known for its creation, innovation and teamwork across disciplines.

Number employed: 5,610
Turnover: 1.5 billion USD
Value added: 0.5 billion USD
Companies: 7,788

The Bergen Region generating waves

Aim
To have an international, sustainable and expertise led maritime industrial cluster, as well as be the world leader within maritime education, research and development of the maritime areas where the region has special advantages.

Number employed: 21,720
Turnover: 12.7 billion USD
Value added: 2.9 billion USD
Companies: 1,441
1.7 Lifestyle and education

The City of Bergen is a place packed with an historical small town charisma. It is a family friendly city filled with urban facilities: safe, clean and with plenty of local schools in the suburbs, meaning children can walk to school. Bergen is surrounded by mountains as well as being situated by the sea, meaning varied nature experiences are always available.

As for family related activities, there are dozens of museums and activities available. Visit the penguins at the aquarium in the city centre, or increase your science knowledge in a fun way at the VilVite Science Centre situated in the middle of town. The Science Centre emphasizes the interactive part of science and is geared towards people as thinkers, creators and users instead of passive consumers and spectators. This makes it a highly stimulating and fun experience for everyone.

The city also provides for the adults as well: there are plenty of bars, pubs and nightclubs, classical concerts, opera’s and plays, as well as a wide variety social clubs to suit every interest. There are parks, green spaces and pedestrian areas all over the city as well as a central lake, which people can skate on in the winter if it gets cold enough.

SPORT AND RECREATION

The region has many great experiences on offer, such as spectacular walking and hiking opportunities. Sports and healthy living are focal points in Bergen society, with the city’s seven mountains providing fantastic hiking and cycling trails in the summer and skiing trips in the winter. The proximity to the coast means a sailing trip down the fjord to one of the small islands, or a quick swim off the Nordnes peninsula is never out of the question.

EDUCATION

Bergen is also a major university and higher education city – both within Norway and regionally. It contains 4 major institutions, including the University of Bergen (UiB), Norwegian School of Economics (NHH), the Bergen University College (HiB), which is dedicated to providing high quality education in the fields of Economics (NHH), the Norwegian Business School (HiB) and the Bergen University College (HiB), which produces 3000 Bachelor, 2400 Master and 700 Postgraduate students annually between them. The large proportion of students means there is constant life in the city, as well as providing it with a creative mix of young people. In addition to upper secondary education in general subjects, Bergen Katedralskole offers the International Baccalaureate programme (IB course of study). It also has an all English speaking school. The International School of Bergen, to cater to children whose mother tongue is not Norwegian.

CREATIVE CULTURE CENTRE

Bergen is a leading city in media, film, music and design. The city is an established part of the international concert music circuit, playing host to big names like Muse, Rihanna. The Rolling Stones, Paul Simon and Bruce Springsteen to name some of the more recent shows. It is also home to Scandinavia’s oldest rock club – Hulen, and has produced some of Norway’s best known musical artists from Edvard Grieg to Lars Vaular. “The New Opera” and “Bergen Live” are international events that attract big names and artists to the region. The Hardanger Music Festival is a classical music festival set in beautiful surroundings and consists of a large variety of music from folk, symphonic, bollet and jazz, but with a particular focus on chamber.

The growing visual arts scene provides for both traditional tastes and modern. “Bergen International Festival” is Norway’s oldest and most important festival for music and theatre, not to mention the fact that it is the largest of its kind in Scandinavia. There are performances in orchestral music, chamber music, opera, theatre, dance and theatre music, as well as children’s programmes, festival exhibitions, and outdoor events and street performances.

Bergen also plays host to the annual Nordic Media Festival: the largest media conference in the Nordic region, with a focus on debating the current and future issues and trends in the media industry. The city is also home to the “Bergen International Film Festival” which has a special focus on documentaries. The region also produces its far share of films and music videos. Permission has recently been granted to build a “Bergen Media City”, which involves the conversion of an existing building into a place where all the media related companies will be situated. As well as being used for entertainment, Bergen’s Media Technology and content production are used in all industrial fields, including the oil, gas and maritime industries, as well as in adventure and travel.

2.1 Coastal heritage

“The Bergen Region is living testimony of a historical development that created the basis for work and settlement along the coast, and that in turn has made Norway one of the world’s largest fishing nations.”

– Queen Sonja. Austevoll 16 June 2009

HISTORICAL TRADE CITY

Bergen is a city on the west coast of Norway, situated about 40km in along the Bergensfjord, and was founded by King Olav Kyrre in 1070 AD, and became Norway’s first real capital in the 13th century.

Its original name was Bergvin or Bjørgvin, which translates to “meadow among the mountains” – a highly fitting name, given the fact that the city is situated on a flat peninsula, surrounded by 7 impressive looking mountains. For a period during the Middle Ages, Bergen was the largest city in Northern Europe, and until the 1830s, Bergen was the biggest town in Norway. The city has been part of the world trade network for over a thousand years, with its coastal access and port making it an important base for the Hanseatic League in the Middle Ages. While the league may be gone, the trading relationship established between the “hanseatic cities” still exists to this day.

The Bryggen wharf is the most important monument to the hanseatic era, and has become a symbol of Bergen’s cultural heritage, as well as granting it a place on UNESCO’s World Heritage List. It is one of the oldest remaining large hanseatic trading ports of Northern Europe, and preserves a type of building style that is unique amongst all the hanseatic cities. The wharf was the home to the hanseatic merchants and housed all the stockfish brought down from the north, where it was then sorted and repacked for export to the rest of Europe. The old hanseatic wharf is architecturally unique and is perhaps one of the most familiar images of all of Norway. To this day, trade and seafaring still play an important part in Bergen’s economy.

Fish and other foods have long been a central part of the international trade in Bergen. Dried cod or “stockfish” was the first and largest export and for over 800 years Bergen had a monopoly of trade with stockfish from the north, which led to it becoming one of Europe’s largest trading centers in the 1000’s. Stockfish is the longest sustained export commodity and has remained an economically profitable export item throughout the centuries.

Stockfish was originally an essential foodstuff for the Vikings, as it had a high protein content and was light, perfect for their famed long expeditions and conquests. In more recent times however, stockfish has become more of an international delicacy.
THE FISHERMAN-FARMER

Norway is a distinctively coastal nation. About 80 percent of Norway’s population lives less than 10 miles from the sea. A large part of the settlement along the coast developed on the basis of combined operations between agriculture and fishing. Until the inter-war period in the 1930’s, most Norwegian fisherman lived on farms. The fisherman-farmer was the core of a type of household that represented over ninety percent of Norway’s coastal populace well into the 1900’s. The fisherman-farmer household accounted for the harvesting, processing and consumption, and was also the exporter of fish products. This adaptation provided income for many levels of society, from the household and the parish to the bourgeoisie and the administration. The fisherman-farmer, as the name suggests, did not have a single identity, but two: one being a fisherman in shorts and the other a farmer in the traditional dress. Fish was an important trading item for all of those who were not self-sufficient in grain or other food products, while the land procured staple foods even when there were bad fishing years.

Because of the climate, Norwegian agriculture has traditionally been seasonal, with intense activity during spring, summer and fall. The fishing industry was also seasonal for a long time, but with the “opposite” time pattern: Both herring and cod have their major spawning times in the winter and early spring, the agricultural off-season. It was this fact that gave stability to the settlements where neither fish nor agriculture alone could have sustained them. During the seasonal fishing-times, all the coastal communities and cities were affected by what the sea provided or did not provide.

HERRING AND BRISLING SARDINES

The spring spawning herring influx in the period 1814-1870 on the west coast of Norway came to play an important role for the country as well. In the best years, up to a million barrels of Herring were caught. Money made from the herring catch was used to buy fertilizer for farms, accelerate the transition to a monetary economy, and also led to strong urban growth. Canned herring thus became an important part of Norway’s international exchange of goods.

Brisling Sardines, caught off the Norwegian west coast also played a huge role in the Bergen Region. Because they contain about 14% fat, they are an ideal source of vitamins, and were therefore an essential part of the Norwegian diet. Today Brisling Sardines, especially canned Brisling Sardines, are consumed both locally as well as exported all over the world.

NATURAL BASIS FOR AQUACULTURE

Norway has been living off fishing for over 6000 years, which has created the basis to build a robust and future oriented industry based on aquaculture. The Bergen Region’s leading role in modern aquaculture is a natural extension of the region’s millennial fishing history. The fjords in Hordaland are ideal for aquaculture, with the climate, the clean cold seas and the deep fjords between high mountains adding a natural basis for aquaculture. The years 1950-1960 were the industry’s pioneer days, and the rainbow trout was the first and most important fish species to be farmed, while in the 1970’s fisherman began to have success farming salmon. To this day, Norwegian aquaculture has been one of the great success stories of recent times. The development in technology and knowledge has allowed us to become in just a few short decades, one of the top nations in the field.

Aquaculture is a story about the district policy and politics, challenges in environmental and fish health, development of new aquaculture species, cultivation and caring of the sea, research and expertise. It is a story of courage, hard work and, above all, of small communities along the coast. It is also a story about a food that is consumed by millions every day. To cultivate the sea is a natural extension of Norway’s proud tradition as fishing nation.

It is this perspective – the interaction between these different sectors and the interaction between the city and the countryside – that we must keep in mind when trying to understand the culture and way of life in our region. These form the basic values that should be emphasized and affect our gastronomy and culture.
Bergen has a number of different museums and cultural houses dotted around the city, dedicated to remembering Bergen’s past cultural heritage as a fish-trading centre, as well as the other food traditions the city possessed and still possesses.

**Museum Vest** works as a regional museum for the municipalities of Austevoll, Sund, Fjel, Øygarden, Askøy and for some fields in Bergen. At the same time Museum Vest provides a summary of the academic profile of the different department’s specialties. It has undertaken responsibility for the national network in the field of fisheries and coastal culture, and also has a strong focus on food culture. Museum Vest is also a national centre of expertise in fisheries and aquaculture history.

Under its direction is the Hanseatic museum, which is situated in one of Bryggen houses on the Bryggen wharf and which gives an insight into the life of the stockfish-trading hanseatic merchants in ages past. It was first opened in 1872, and is the only building on the Bryggen that has maintained its original interior.

The Centre for the History of Fisheries and Aquaculture is Museum Vest’s new research center containing archives, a library and photo collections of the region’s maritime past. The centre also provides offices for researchers in fisheries and coastal history, and is open to everyone interested in fisheries, aquaculture and coastal history.

The Hordaland County Council is leading the new EU-INTERREG project “Craft International”, which aims to develop four new display centres for crafts and cultural products during the period from 2011 – 2013. One of them is named “Tørrfiskens Hus” (The Dried Fishes’ House). The dried fish trade has been a key part of the Bryggen’s and the region’s culture and economy and formed the basis for Bergen to become a renowned seafood city.
The food industry

3.1 Creative and sustainable food industry

Norway is a country where mountains rise from the sea. Where hostile waters, whipped by winds and driven by currents, form towering waves. But beneath this inhospitable exterior there are riches to be found. For deep in the frigid, clean, salty waters, slowly growing, and patiently maturing, are the treasures of the sea which have given life to Norway’s coasts and fjords for a thousand years. Caught and harvested by highly-skilled people who combine generations of hard-earned experience with the latest technology. Being a coastal people, the Norwegians have learned to accept the sea’s gifts with respect, and to manage them with care. Environmental impact is a key concern in the seafood industry’s activities and subject to continual attention to improve the sustainability of supplying excellent seafood derived from farmed fish and wild catch.

The waters are cold and clean, which is the reason why Norwegian waters produce the highest quality wild and farmed fish. This fact has led to Norway becoming the world’s second largest exporter of seafood in terms of value, and the world’s largest producer of salmon and trout. Bergen offers a long history of traditional food industry, and within seafood alone, the Bergen Region is host to over 1100 seafood companies. Although the methods may have modernized, the type of produce harvested has remained the same, as well as the core preparation techniques used. Bergen has over 200 small-scale producers in land agriculture, and in fisheries and aquaculture there are over 860 registered enterprises which provide an opportunity for each to highlight a different regional specialty. In addition to small-scale producers, the region has many large industrial manufacturers that export products to the global market, and these are largely visible through their wealth creation and innovation, and have succeeded in giving Norway and the region international recognition.

FROM THE FJORD TO THE TABLE

Hardanger ranks high on tourist’s most-favourite list of spectacular places. Fewer people know about the fish resources in the fjord. The local food initiative “Fisk frå fjorden” (Fish from the fjord) is attempting to change that. The salmon industry is a giant in Hardanger, but fishing with “skarkfiske” boats (Small, one manned fishing boats) is still of importance as well. These fishermen fish for saithe, pollock, cod, haddock and other species from the Hardanger fjord, which are in turn served in restaurants as well as on the dinner tables of the people in the Bergen Region. A few years ago, fishing with small boats on the fjords decreased dramatically. There were many, however, who didn’t want to see the end of this old practice. A group of four enthusiasts and fishermen started the cooperative “fish from the fjords” in 2009, to reverse this trend, with Hordaland County Council and the Council of Hardanger funding the project. “Norges Vel” performed a thorough preliminary study of the project. The goal is to establish a cooperative business that could take care of the whole value chain from fishing on the fjord to the table. With coordination on fishing, receiving, processing, sale and serving, the group is trying to ensure that the seafood in the fjords will continue to be harvested, processed and traded in a sustainable manner, and that the traditions that are connected to the local resources will be preserved. Another goal was to give the fishermen of the fjord a constant catch revenue, together with creating profitable and interesting jobs on land. Last but not least, there was the aim of giving people access to high quality fresh fish at a reasonable price.

SEAFOOD FROM THE BERGEN REGION

The ocean and its resources are the backbone of Norway’s economy, and it is very bountiful, both with the sea bed and its oil and gas resources, and the relatively shallow waters with their large renewable fish stocks.

“ ” – FAO

Every day, more than 12 million seafood meals originating from Norwegian aquaculture are served in around 100 different countries.
The seafood industry is one of Norway’s leading export industries and is of great importance to economic activity along Norway’s extended coastline. It provides work in fishing and aquaculture, and generates significant spin-off effects within trade, industry, research and development. Each year Norway produces around 3 million tons of fish from wild catch and aquaculture, of which more than 90 per cent is exported. From 1990 to 2011 the export value of seafood products from Norway has increased from USD 2.1 billion to 9.5 billion.

Seafood exports account for about 6 per cent of total Norwegian exports. The value of exported seafood is estimated to be USD 8.8 billion in 2012. Aquaculture accounts for more than 60 per cent of total seafood exports.

The Norwegian aquaculture industry is a relatively young industry which has evolved during the last 40 years. There has been a continuous growth in production since 1980, and last year the Norwegian aquaculture industry produced more than one million tons of Salmon, Trout, Halibut and Cod. Salmon is by far the most important product, and represents 90 per cent of the aquaculture production.

The growth in the Norwegian aquaculture production has mainly been determined by two factors, the market development and the environmental situation. Environmental sustainability is very important in aquaculture, and is for the moment the area which is given most attention by the seafood industry and the Norwegian aquaculture authorities.

The Bergen Region has long played an important role as a centre for Norwegian seafood production and continues to increase in importance for the realization of the government’s vision for the seafood industry. The region has long traditions with regards to the harvesting and producing seafood, and today has an international position within pelagic fishing, aquaculture, seafood processing and international trade of seafood to the global market.

The Bergen Region is one of Norway’s largest aquaculture regions and has big players in the whole value chain of aquaculture, technology, feed and fish health, all of which focus an sustainable methods. The region also has a dominant position in the production of marine resources, product development and of high-value processing of seafood products. In addition to this, a new biotechnology cluster for the utilization of residual raw materials from both aquaculture and fishing is under development.

Bergen is an important commercial centre for the trade of seafood. “Norges Sildesalgslag” is the world’s largest marketplace for pelagic fishing, and “Fish Pool” is the world’s only salmon stock market to date and both are located in Bergen. At the same time, Bergen is a national centre for financial and legal support services to the seafood cluster.

**World leading companies**

The region currently has many of the world’s leading marine companies (aquaculture, processing, technology, fishing vessels), which annually invests hundreds of millions in marine research, development and innovation. The marine cluster in the region is world class and plays a key role in developing market opportunities for fresh fish from Europe, the USA, Russia and Asia. Of the major seafood companies in the Bergen Region, we find Leroy Seafood Group, Marine Harvest, Grieg Seafood, Salmon Group and Austevoll Seafood.

**Bergen Marine Research Cluster**

The Bergen Marine Research Cluster is Europe’s largest environment of marine scientists. With over 1000 scientists, the research cluster has a size, breadth and quality that makes it an European centre in marine research and education. Nearly 60% of the total national marine research and development activities took place in Bergen in 2012. The research cluster has expertise within marine resource management, nutrition, fish health, biotechnology and climate research.

Research institutions include the Institute for Marine Research (IMR), the National Institute of Nutrition and Seafood Research (NIFES), the University of Bergen, the Norwegian Food Research Institute (Nofima), Helse Bergen and the Christian Michelsen Research (CMR), which all contribute to the region’s dominant status as the place in Europe to conduct Marine research.
LOCAL AGRO FOOD PRODUCERS IN THE BERGEN REGION

The agriculture industry contributes far more to the Norwegian society than simply the provision of food. Important public functions of the agricultural sector include food security, regional livelihood, environmental benefits such as biodiversity conservation, the preservation of cultural landscapes and forestry’s function as a carbon reservoir. Agriculture is also important for the continuation of traditional knowledge and culture. The production of food provides a positive impact in areas such as transport, construction, infrastructure and tourism.

The agricultural vision for Norway is to aim for an average of 1% growth per year for the next 20 years. In large mountainous areas there is room for more agriculture than there is today. The large areas of heathland on the coast are a good grazing resource which can be more extensively utilized when farming using wild Norwegian sheep. Much of the meat production on these pastures takes care of landscape and prevents it from becoming overgrown so that outdoor activities are more attractive and easier.

The Norwegian agricultural sector’s most important mission has always been to produce food and Norwegian agriculture has undergone a major production growth in recent decades. The agricultural sector is a large industry, with about 50,000 farms which have generated 100,000 jobs. Norwegian farmers produced 2.3 tons of food and 35 billion litres of milk in 2007, which together resulted in a total production worth about 20.4 billion USD. Western Norway has a central role in the national food production, with a large proportion of these farms situated in the area.

Food production in Norway is more difficult than in many other countries. Here we have a short growing season, cold climate and agricultural areas spread out throughout the country. Despite these difficulties, there has still been a significant increase in the Norwegian food production, particularly with regards to beef production.

Norwegian agriculture delivers national brands and local specialties to Norwegian consumers and together can offer more than 3,500 products, with 150 new products launched every year. In addition to volume-based production of food, Norwegian agriculture plays an important role for the production of regional specialties, local foods and a wide range of organic products.

The Bergen Region is Norway’s biggest food producing county with regards to the number of active producers. There is a great potential for increased sustainable agriculture in the region. Good local natural resources and an increase in market demand for sustainable local products provide great opportunities for the region’s agriculture. There is great need for investment in both infrastructure and resources to sustain and facilitate an increase in the sustainable food production in the region. While there is a need to bring about changes in current production so that the quality of product and income for the farmer gets better, this will require a further professionalization of agriculture and the development of farm businesses.

Milk, fruit and sheep production are all big industries in the Bergen Region. 75,290 tons of cow’s milk was produced in 2011 alone, as well as 2140 tonnes of sheep and lamb. The Bergen Region is also Norway’s largest fruit producer and more than half of the Norwegian plums and almost half of the pears and cherries are produced in the region, mainly in Hardanger.

There are also a number of initiatives and public-private partnerships that are being undertaken in the Bergen Region with regards to promoting locally grown foods. One of them is the Lokalmatåret (The local food year) initiative; a partnership between Innovation Norway Hordaland, the County Governor of Hordaland, Kompetansesetet Vest and the Samarbeidsrådet for Sunnhordland. The Governor is focusing on the promotion of local food and on the producers and their opportunities in a constantly growing market.
Lerøy is Norway’s leading seafood exporter and the world’s second largest producer of salmon and fjordtrout. Lerøy can trace its operations back to 1889 and today they send to 70 markets worldwide. The Fjordtrout they produce is unique and can only be found in western Norway. Lerøy Fjordtrout grows in a mix of fresh water from the glacier and cold water from the sea. At their local smokehouse Lerøy Fjord trout is transformed to products, sought after by chefs worldwide. Lerøy is an innovation leader in product development of seafood products and has won numerous awards including the yearly Seafood prize and has won the Seafood Prix d’Élite twice.

Marine Harvest is the world’s leading seafood company offering farmed salmon and processed seafood to customers in more than 50 markets worldwide. The company is present in all major salmon farming regions in the world and is the biggest producer of farmed salmon with one fifth of the global production. Marine Harvest runs the entire process from egg production, breeding, fish farming, processing, distribution and sale. In addition to fresh and frozen salmon, Marine Harvest offers a wide range of value added products such as coated seafood, ready-to-eat meals, delicious finger food and smoked seafood. Though salmon is the main farmed product, the company also farms sterling white halibut. This fish was delivered as the official fish for three of the selections to the main Bocuse d’Or in 2011.
Sekkingstad has been trading salmon and other seafood products for almost a century. It all started in 1923, when Konrad Sekkingstad bought fish and shellfish from local fishermen and sold it at the local fish market in Bergen. In the 1960’s, Sekkingstad AS was one of the first companies that started a business in the farming of trout and later salmon. During the 1980’s, the harvesting, processing and export of salmon developed to become the company’s main activity. Today, Sekkingstad AS has 45 employees and processes and trades close to 25,000 tons of salmon and trout a year, and has over 120 different customers worldwide.

Bremnes Seashore

Bremnes Seashore, a salmon and trout farming company, was founded in 1937 and is headquartered in Øklandsvågen in Vamle County. The company, which has modern hatcheries and farming equipment, has seen strong growth and has its activities dispersed in several different municipalities.

With growth and activity in so many places it has been important for the company to have good relations with the various municipalities and local communities. The company has therefore focused on having a good dialogue with the different municipality administrations. Bremnes Seashore has also been an active supporter in connection with youth work, culture and sport in many of the communities along the coast.

Nøring is a company based on local traditions and crafts. They produce fruit, berries and wild garlic of top quality, all of which are naturally grown in Hardanger. Nøring’s products are under the strict control of the “Protected Geographical Speciality” regime. This protection is the same that has been granted to Cognac in France. In 2006 Nøring received the Rural Development Prize in Oslo. This is an economic prize that Innovation Norway awards each year to their customers who have established a successful business based on the resources available from their village and the surrounding agriculture.

Svanøy laks allows customers to experiment with the smoking and marinating of salmon, to create unique flavours. After the salmon is smoked it is marinated and you can choose anything from Norwegian aquavit to garlic and spices as a marinade, creating a truly individual taste.

Svanøy Salmon is a product in which only the best quality salmon from aquaculture farm Mara an Svanøy is used. They follow the life cycle of the salmon from when it is 70-80 grams, to the processed and finished product. Their smokehouse is out in nature and at the mercy of the weather, which can help to characterize their unique product – something you realize through both the consistency and taste.
Eldhus

Eldhus produces cured meats in the village of Evanger, a practice that has lasted many centuries. The traditions of dry salting and smoking the meats have been adapted to modern times and forms of production, but maintain the traditional quality that Eldhus is so famed for. Eldhus has made “fårepølse” (mutton sausage) continuously since 1834. It is based on a several hundred year old tradition of producing cured meats in the village of Evanger. Fårepølse, together with eldhusrøykt fenalår (smoked mutton), pinnekjøt (dried lamb ribs) andгардспелсa (farm sausage), are the leading products from the smokehouse.

Ulvik Frukt og Cideri

Ulvik Frukt og Cideri is a family owned business on the farm Håkastad, located in the middle of the orchard district Ulvik in Hardanger. Their goal is to develop a business that is based on quality and cultural competence. They produce both new and old apple varieties, meaning they can offer unique tasting ciders and apple juices to suit every taste. Their apple juices and ciders are completely natural. Their ciders do not have any wine yeast added to them, using instead the natural wild yeast found already in the apples. The only thing that is added is a little bit of sugar to raise the alcohol level in the cider.

Bønes Gårdsmat

Bønes Gårdsmat is a farm in Bergen municipality that produces traditional meat products, without the use of artificial additives. In addition to production, in which they use their own animals, Bønes Gårdsmat has its own shop and its products can be found in many of the leading supermarket chains in Bergen. The products such as their lamb sausages are well known for their coarser “farm-like” quality.

Myrdal Gård

In the old days there were up to four farms in Myrdal, all dealing with various animal husbandry: from sheep to goats, cows, horses and pigs, all of which helped to care for the landscape. The space was also important for communities in relation to dairy farming and the old performance-farm. The surrounding nature has not changed very much, but in the modern era, there is now only one farm left in Myrdal.

The Myrdal Gård has its own goats and private dairy where they process the milk from both goats and cows into a variety of interesting cheeses. All the products are shaped by hand and receive the care and attention necessary in order to guarantee a quality product. The cheeses are sold all over Norway in a number of delis and grocery stores.
Culinary culture
and Fjord gastronomy

Bergen and its surrounding region, has a highly distinctive gastronomy. The Viking’s meals often contained oysters or mussels, and sometimes mutton cheese, cabbage, apples, onions, berries and nuts. Archaeologists have found evidence that oysters and reindeer, for instance, were on the menu in the Stone Age as well. Whether you are dining at a fine restaurant, a farm you are visiting or a humble café frequented by the locals, prime ingredients are prepared in a way that lets the natural flavours come into their own.

Seeing as Bergen is a coastal city, and given its long history as a trading port for fish, it is unsurprising that most of Bergen’s specialities are fish based. Our nature has created the foundation for a high variety of ingredients used in traditional and modern cooking. Salmon, Trout, Herring, Cod, Wild Sheep – these are just some of the endogenous ingredients that are used in traditional cooking. The region of Hardanger is called the Norwegian fruit garden, and produces some of the finest fruit and berries in Norway, which are so unique and tasteful, they have received their own geographical protection. The sheep of Fjord Norway graze in the wild for the majority of the year, and their natural diet includes herbs that imbue the meat with a fine flavour. A popular dish is fårkål - mutton meat stewed with cabbage and black peppercorns - which many Norwegians learn to make at an early age. Potato dumplings, called raspbealler or komler, are also reflected in the gastronomy.

The fjords with their deep cold and pure waters, and high mountain glaciers have created the perfect natural conditions for harvesting sustainable, pure and healthy food ingredients. Our nature has created the foundation for a high variety of ingredients used in traditional and modern cooking. Salmon, Trout, Herring, Cod, Wild Sheep – these are just some of the endogenous ingredients that are used in traditional cooking. The region of Hardanger is called the Norwegian fruit garden, and produces some of the finest fruit and berries in Norway, which are so unique and tasteful, they have received their own geographical protection. The sheep of Fjord Norway graze in the wild for the majority of the year, and their natural diet includes herbs that imbue the meat with a fine flavour. A popular dish is fårkål - mutton meat stewed with cabbage and black peppercorns - which many Norwegians learn to make at an early age. Potato dumplings, called raspbealler or komler, are also reflected in the gastronomy.

Due to its long winters, Norwegian cuisine has been based largely on dishes that involve foods that have been preserved in one way or another. Fish smoking techniques have been used since the Viking ages and our gastronomy utilizes traditional Norwegian preservation methods, such as pickling, fermenting, salting, curing, and hot or cold smoking. The need to conserve food founded the basis for a variety of specialties using fish from Norway. The Norwegian style of salting, drying, smoking and marinading fish are traditions that have managed to become a part of the international cuisine. These conservation methods opened the door for a variety of exciting dishes and taste sensations that have survived the test of time.

SALTING, SMOKING AND CURING

Salted, together with drying, fermenting (eg burying fish under the ground for a long period of time until it ferments and preserves) and smoking, are old methods that have been used since the Viking times over a thousand years ago. These methods were the only way people could store food for the winter and for long travels, and these methods have been successfully adapted for modern food industry.

Traditions involving drying, salting and smoking were typical in mountain farms. Fjellgarden Lundal situated beneath Folgefonna in the Etnes Municipality, is an example of a business that developed from humble roots, to what today is a modern family business in its fifth generation that produces cured meats, sausages, bacon and pinnekjøtt (dried, salted and/or salted racks of lamb) according to old traditions and recipes. Former John Lundal had been in Evanger and learned to produce cured sausages and the art of cold smoking there. He had sheep and goats in mountain pastures under the glacier. He slaughtered them in the fall and produced a mild mutton sausage which was called “Åkrafjord Pølsa”.

It was mainly the fatty fish that were smoked on the west coast: salmon, herring and mackerel were the most common, but lean fish such as cod and Pollack were also smoked. On Askøy, in Brevik Fisk, they have “meteorological smoking”, where weather and wind plays into how the smoke adheres to the fish and thus influences the taste. Conservation methods for smoking and salting fish come in many varieties, meaning each produce has a distinct local taste, the fish can be cold or hot smoked, salted before or not, dried or spiced. How the fish was prepared, has given rise to huge variations of the end product.

Fenalårnet (Cured leg of lamb) is another local specialty and an important part of our regional culinary tradition. In the old days there was November that was the slaughtering month, and when the dark winter set in, there were many households with a fenalår or two hanging in their attic. In those days it was necessary to salt, smoke or dry the meat so it would keep over the winter, and fenalårnet is a mixture of all three.
Sustainable food tourism in Fjord Norway

Norwegian Centre of Expertise Tourism – Fjord Norway is a cluster project in the Fjord Norway region working with product development. The aim is to develop adventure travel; thereby combining the unique fjord landscape with physical activities and culture experiences. Food culture is an important element and NCE Tourism wants to creatively combine it with adventure activities, thereby creating unique holiday memories.

Sustainable tourism has been progressively developing in Fjord Norway and the area offers authentic nature and culture based experiences. There is significant growth in the market for these types of experiences. The Norwegian Centre for Rural Research attempted to quantify the economic impact of culture and local food tourism in rural areas in 2006. They estimated that the sector had a turnover of at least 5.8 billion USD in 2005, which represented 37% of all tourism revenue in the country. In total, over 60,000 people are employed in the tourist business in rural areas, of which farm tourism produces roughly 0.2 billion USD in revenues and approximately 2,500 full-time positions.

There are 31 farm shops and 43 bars and restaurants providing authentic local natural and food based on tradition all over the Bergen Region. The fact that the region offers a variety of experiences that already have an established focus on its food experiences is an important contributor in completing the tourist experience. In addition to these offers, there are other events that can be combined with the aforementioned dining experiences.

Fjord Norway has been chosen as one of four pilot destinations by the Global Sustainable Tourism Council (GSTC) for its program “Early adopters of the GSTC new Criteria for Destinations”. The GSTC Criteria for Destinations outlines the minimum standard that a destination must achieve in order to be considered socially, culturally and environmentally sustainable. For a long time, many companies in the region have worked towards becoming sustainable and, as a pilot destination, Fjord Norway will analyse and provide feedback using the GSTC’s criteria, something seen as crucial for placing even greater focus on sustainable tourism.

On the following pages in the next chapter are some companies in Fjord Norway that offer sustainable adventures, with the environment and local food culture as their focus.

Lyngehiserteret på Lygra

Lyngehiserteret på Lygra is the only place in Europe where you can experience authentic moorland run by local farmers which is also accessible to the public. Lyngehiserteret received a UNESCO global cultural award for Safeguarding the Cultural Landscape in 2001. In 2005 the moorland was awarded the “Europa Nostra’s” farmland prize “for its pioneering role in the protection of authentic moorland and the maintenance of its biological diversity and traditional knowledge” by the European Council. Food specialties are wild sheep, locally produced vegetables and potatoes from Lure Garden.

Visningssenteret i Øygarden

This visitors centre shows how fish farming operations are conducted in Norway, and can be viewed by anyone, with or without a guide. Øygarden Centre is a convenient viewing facility for the production of salmon and trout – and also offers an option to learn about the fishery- and aquaculture history as well as serving you food from the sea. Øygarden Aquaculture Centre collaborates with the Coastal Museum in Øygarden. The Coastal Museum offers a number of other activities and experiences relating to the sea. In cooperation with the Coastal Museum in Øygarden, the viewing centre provides information about the local fisheries and the history of fish farming.

Landscape parks in the region

Landscape Parks are unique natural and cultural landscapes, defined by a common culture and identity. Local communities and industry are jointly involved in developing the area to make it more attractive for residents and tourists. The development of Landscape Parks involves a pilot project and currently Hordaland has 8 approved Landscape Parks. They are responsible for taking care of the biodiversity, and for keeping traditional livestock and plants going.
A taste of Bergen’s food traditions
The Hardanger region is home to the Hardangerfjord, a deep and far inland reaching sea inlet surrounded by steep mountains. This fjord area, is ideal for growing fruit on, as the people who lived there discovered back in the 1300’s.

HARDANGER FRUIT: PROTECTED GEOGRAPHICAL SPECIALITIES

The fruit grown in Hardanger has been labelled as a “protected geographical speciality”. Over 700 years of continuous cultivation of these fruits has led them to have a distinctive taste, shape and colour compared to any other fruits of the same variety.

Knowledge about how to cultivate apple and plum orchards was brought to Hardanger by English monks in the 1300’s, while pears and cherries were introduced in the 1700’s. Since then, the fruit orchards have had their own history in Western Norway. The knowledge on how to cultivate these orchards has been passed from generation to generation, providing a high level of knowledge about how fruit are best grown and ensuring they have a fantastic taste, shape and colour.

The fruit from Hardanger have the perfect balance between sweet and sour, largely down to the unique growing environment in Hardanger. A cool climate and lots of light give the fruit a fresh and tart flavour. Summer heat and sun gives the great sweet taste. The cool autumn nights make the fruit even sweeter and give them their attractive bright colours. There are around 380 fruit farmers operating in the Hardanger area.

Not all of the fruit is sold directly to the markets. A lot of it is pressed and made into juices and ciders. Many of the farmers who produce the fruit press their own fruit as well, meaning there almost as many varieties of cider and fruit juice as there are orchards. Each drink from each orchard tastes a little different, as each use different recipes and strains of fruit in their production.

Steinstø Fruktgard

Steinstø Fruit Farm is located in the peaceful surroundings of the beautiful Hardanger Fjord and has been run by the Steinstø family for nine generations. In recent years the farm has changed its operating policy: instead of delivering the fruit to the wholesalers, the fruit is now sold directly from the farm to the consumers. The 60 acres of the property have 3,500 fruit trees and fields with raspberries and strawberries. On the farm’s restaurant, the tables are set for dishes made from the local farm produce. The farm won the “Hordaland Rural Development Award” in 2010 for its innovation in combining agriculture and tourism, utilizing its own product effectively, and for having a large number of women in its workforce.
The Hordaland area has a number of deep, far inland reaching fjords, providing a unique environment for the fish that live there. It also allows for the safest fish farming practices, as the fjords’ waters are calmer and the area is more protected. The heavily indentured coastline also provides the perfect breeding ground and feeding areas for all types of fish. Our aquaculture pioneers started out with Fjord Trout, and some producers have never stopped farming it.

Hordaland is Norway’s largest producer of farmed trout (more commonly known as Fjord Trout), and the second largest producers of farmed salmon. Fjord Trout is a registered trade mark by the Norwegian Seafood Council. Fjord Trout thrive particularly well in the west Norwegian fjords, where rivers fed by thousand year old glaciers and melting snow reduces salinity and provides the perfect growing conditions for the trout.

The Fjord Trout spends the first year of their lives in the icy waters from the 10'000 year old Folgefonna glacier, the trout are transported to their farms in the nearby fjords. These are up to 400 metres deep, allowing for good currents and optimal water quality and ensuring that the fish end up tasting exceptionally good.

The Fjord Trout not only differs from its freshwater cousins by being a saltwater species, but also by its increase in size. Fjord Trout is some 2 kg heavier than regular freshwater trout. The bright red colour and white marbling in the meat makes the trout both taste and look good, and its unique red colour, healthy sheen, and firm yet tender flesh is what makes this fish so special and what give it the signature “fjord quality”. The trout can be eaten either raw or cooked with fantastic results.

Lerøy Fjord Trout complies with the highest Quality Standard for Norwegian Fjord Trout (NS-9412-2010) and is delivered in everything from fresh whole fish to Lerøy’s renowned Fossen smoked range to suit the occasion and the dish. Each fish has full traceability and quality documentation. The Quality Standard ensures Fjord Trout of consistently high level of quality and every labeled production facility is registered by the Norwegian Food Safety Authority. Production facilities are subject to control by an independent third party.

Fjord Trout is produced in limited quantity. The whole value chain from smolt through farming and processing is controlled to guarantee a premium high quality product.

### Fjord Trout Sashimi

**For 4 people**

**Preparation time** approx. 20 min.

- 8-12 ½ cm thick slices of Fjord Trout
- 10 g (about 2 tablespoons) wakame salad (pickled seaweed)
- 1-2 tablespoons trout roe

Ponzu sauce:

- 2 ½ tablespoons yuzu juice (see previous recipe)
- 1 tablespoon rice vinegar
- 5 tablespoons dashi, Japanese fish stock or precooked fish stock

**Instructions**

Arrange fish on plates and add a little wakame salad and trout roe.

Mix the yuzu juice or equal parts lemon and lime juice, rice vinegar and dashi and pour it over the fish.

**TIPS.** Some fishmongers have wakame salad, otherwise you can use fresh herbs. Yuzu juice and dashi can be found in stores that have a good selection of Japanese ingredients.
The Norwegian Spring-Spawning Herring is another native species to the fjords of Hordaland with a vital importance historically and currently. The Norwegian herring industry started over 1000 years ago in the 11th century AD, and ever since then Norway has been one of the most important suppliers of herring to the rest of Europe. The herring industry helped bring prosperity to the Bergen Region during the spring spawning herring influx from 1814 – 1870, and in the Middle Ages, the herring industry was so important that Norwegian fishermen were given papal dispensation to fish on Sundays.

In the beginning, salted or smoked herring were the most common products made from herring.

### Cranberry herring
For 4 people
- 4 spiced or salted herring fillets
- 1 red onion

**Sauce:**
- 1 cup cranberries
- 1 cup red wine vinegar or sherry vinegar
- 3 cup water
- 2 tablespoon sugar
- 2 tablespoon chopped thyme

Wash, dry and cut the herring fillets into pieces. Finely chop the onion and mix it with the herring. Make the sauce and pour it over the herring and onions. The herring should sit for at least 1 hour before serving.

### Rolled herring with teriyaki sauce
For 4 people
- 700 g herring
- 3 tablespoons sesame seeds
- 2 cups teriyaki sauce
- Salt and pepper
- Fresh parsley
- Cocktail sticks

Preheat the oven to 225 degrees. Divide each of the herring fillets in half (lengthwise if they are large) and sprinkle a little salt, pepper and chopped parsley on them. Roll the fillets together from head to tail. Secure each roll with a cocktail stick. Place the rolls close together in a greased casserole dish and sprinkle sesame seeds over. Roast the herring until they are nicely brown, roughly 15 minutes.

Serve the rolled herring with teriyaki sauce.
Cod was the main commodity that was exported abroad from Bergen for nearly a millenia. Today, Norwegian Cod is a fisheries management success story, with the Norwegian Cod stock in the Barents Sea being the biggest and most sustainable in the world, thanks to sustainable quotas and modern fishing techniques. While not strictly a native to Northland’s waters, the history of cod is firmly rooted in Bergen as the city had the monopoly on the cod trade from the Northern parts of Norway for centuries. Cod is still as relevant to the city’s gastronomy today as it was back then, and the local menus reflect this fact.

The cod is available in many different ways: it is either eaten fresh, or processed using traditional Norwegian methods.

Stockfish is a popular version of preserved cod, and is Norway’s oldest and most sustained export. The first known international trade in stockfish occurred in 875AD, when a Viking Chief shipped stockfish from Helgeland in mid Norway to Britain. To prepare stockfish, the cod is beheaded, gutted and cleaned and then dried in the cold air in the north of Norway on large wooden racks along the coast. This ancient method of “freeze drying” means the stockfish end up having a shelf life of several years if kept in dry and cool conditions. Being dried, it also weighs a lot less than the original fresh cod, and is easier and cheaper to transport. The stockfish are sorted into up to 20 different quality rankings and then shipped all over the world, especially to the Mediterranean, and is Norway’s oldest and most sustained export. Stockfish is a popular version of preserved cod, and is popular in both Norway and around the world, again especially in the Mediterranean. It is a version that has first been salted and then dried, but not dried to the same extent as Stockfish. Clipfish is a slightly “younger” product than stockfish, as salting did not become economically viable in Norway until the 17th century.

Clipfish is prepared in a similar way as stockfish, but usually without the lye. It can be eaten after being rehydrated and the excess salt removed by soaking and replacing the water from one up to three days. It is commonly baked in the oven and served with vegetables and potatoes, and is incredibly popular in Norway, Spain, Portugal, Brazil and Angola.

**COD - A SUSTAINABLE SUCCESS STORY**

Traditional “lutefisk”

For 4 servings:
- 2 kg lutefisk
- 1 tablespoon salt
- 200 g bacon
- 3 cups dried peas
- 2 cup milk
- 1 tablespoon all-purpose flour
- 1 teaspoon salt
- 500 g almond potatoes
- 1 cup milk

Preheat oven to 200 degrees. Cut the lutefisk into serving pieces and place in a roasting pan, skin side down. Sprinkle salt over the lutefisk and cover with lid or aluminum foil. Roast the lutefisk in the oven for approx. 30 minutes. A smaller amount of lutefisk takes less time. Cut the bacon into cubes and fry it over low heat so the fat will melt and the bacon become crispy. For the mushy peas, let the peas soak them in water overnight. Boil them in water until tender. Create thickening sauce of milk and flour. Stir smooth into the peas and let them cook for approx. 5-6 minutes and season with salt and pepper. Serve the lutefisk with bacon, creamed peas and baked almond potatoes.
Wild sheep from the Norwegian coast have become part of the exclusive family of food with a local identity which has product designation “Protected Designation of Origin” (BOB) in Norway. Wild sheep from the Norwegian coast come from an old Norwegian breed of sheep. These sheep graze along the coast and have good access to coastal heath throughout the year. The farming technique involves traditions dating back to the Viking age. Wild sheep are not entirely “wild” per se, and form an important part of the farming landscape. They live out all year round, partly in the forest and partly on the heathland close to the coast. Meat from wild sheep differs from other sheep meat in both taste and quality: it is stronger in flavour and has a distinctive “game” taste, due to the fact that it is an exclusively grazing animal. The Norwegian wild sheep breed has been on the brink of extinction several times throughout history: both in the 1950’s and 1980’s, rescue operations had to be conducted in order for the sheep breed to survive. These efforts turned out to be successful and the rescue efforts represent the importance of preserving the Norwegian cultural landscape along the coast. It is only in Austevoll in Hordaland that the original wild Norwegian sheep pedigrees have survived until the present day. Popular products from wild sheep include Røykt Pinnekjøtt (smoked lamb ribs) and its un-smoked counterpart. The racks of lamb are dried and salted, and then cold smoked (or not). It is often consumed at Christmas time, especially in the Bergen Region and is growing in popularity across Norway. The Pinnekjøtt is boiled in a few spoonfuls of water for up to 3 hours, which makes it incredibly tender, and then served with vegetables and a potato mouse.

Another popular product is Eldhusrøykt Fenalår, a leg of lamb that is smoked and then cured. Like its un-smoked counterpart, Eldhusrøykt Fenalår is dried and then salted in a special brine. Afterwards it is smoked, using a special mix of woodchips from a local supplier, something that gives the Eldhusrøykt Fenalår its distinctive aroma and flavour.

Finally, a more unorthodox product from wild sheep is Smalahove, literally meaning “sheep’s head”. The head of the sheep is salted and sometimes smoked, and then boiled or steamed for about 3 hours and served whole on a plate. For some the sight of the sheep’s head on their plate can be a bit unnerving, which is probably why the meal is traditionally served with aquavit to bolster your courage!

All of these products mentioned above are especially prevalent in the Voss area (1 hour from Bergen). Understandably then there is an organization called Voss Meny that promotes local and traditional ingredients from Voss. Products like Smalahove (sheep’s head), Røykt Pinnekjøtt (cured and dried racks of lamb or mutton), Eldhusrøykt Fenalår (smoked cured meat), Vossakorv (a sausage) and Vossafår (a salami type sausage) can be purchased in grocery stores all across the country, thanks to the efforts of Voss Meny.

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Lamb Ribs with Turnip Mash (Pinnekjøtt med Rotmos)

1.6 kg lamb ribs
1 kg turnip
2 pieces carrot
1 piece potato
1 l water
2 teaspoons salt
½ teaspoon pepper
1 cup heavy cream / single cream
3 tablespoons butter
1 piece vossakorv, ring of 500 g

1. Water out lamb ribs in plenty of water for approx. 30 hours before cooking. Let them stand at room temperature.
2. Place a metal grate or birch sticks without bark in the bottom of a wide pot. Fill with water so it is level with the grate. Add the lamb ribs over and cover with a lid. Steam cook the meat on low heat for approx. 3 hours. Be careful the water does not boil off completely by filling in with more water when needed. The pieces of Vossakorv can be steamed with ribs for the last 15 minutes.
3. Peel the turnips, carrots and potatoes. Cut them into coarse chunks and boil them until tender in salted water. Pour away the boiling water and mash the vegetables.
4. Add the butter and cream. Season with salt and pepper, and possibly some grated nutmeg.
5. Serve with boiled potatoes and cooking juices from the ribs.
**5.2 Shellfish and Crustaceans**

Shellfish and crustaceans have a long history of being harvested along the Norwegian coast, with cold water ensuring slow growth, good texture, and great taste.

**MUSSELS**

Mussels are the most common shellfish along the Norwegian coast. In order to cultivate them, the juvenile mussels are harvested, sorted according to size and then attached to cultivation “stockings” at an appropriate number per meter. These are then harvested after two to three years.

The quality of the mussels varies greatly throughout the year. A lot of the meat in the shells is made up of the sexual organs, and during spawning season a lot of their bodymass is lost through the release of their gametes. The best time to harvest mussels is thus in the late summer and winter months. In Norway, the mussels are traditionally steamed whole, with the addition of white wine, chopped garlic, parsley and other spices being common ingredients used to add flavor during the steaming process.

**OYSTERS**

Norwegian oysters were first farmed around the 1800’s and are as such, a relative newcomer to the Norwegian gastronomic table. This is mainly due to the fact that in the wild, they are found in relatively small numbers on the Norwegian coast, as oysters tend to like warmer waters. However oyster farming, especially in Hordaland, is picking up pace and because production in Norway currently cannot meet the demand, it has a massive growth potential.

Hordaland is an ideal place to grow oysters, as the clean water and large number of inlets allows for warmer waters, more suited to oyster growth. So far the bulk of the farming is done in Bamlo, in the southern part of Hordaland. The oysters are often consumed fresh and raw, with either a little lemon or some vinaigrette.

**LARGE SCALLOPS**

Large Scallops are characterized with a flat over-shell and a curved under-shell. Large Scallops should not be confused with other species of scallops. In Norway the scallops are harvested using divers, and most of the scallops are traded live.

The scallops have the most meat in them once they reach around 12 cm in diameter. As the scallops have their spawning season in the summer, the best time to harvest them is in the late winter and spring. Traditionally, Large Scallops are eaten either raw, or are very briefly fried or steamed, to release their sweet flavor.

**NORWEGIAN LOBSTER**

The Norwegian Lobster has a slim body, long claws, a light colour, and can grow up to 25 centimeters long. It is often found in deep water on the seabed. Traditionally, they were fished using trawlers, but nowadays pots are more commonly used, as they are less controversial and also damage the lobsters and seabed less. The Norwegian Lobster is a highly prized crustacean, with a mild taste that is a bit reminiscent of European Lobster. They can be prepared in a number of ways including grilling, steaming, frying and so on.

**EUROPEAN LOBSTER**

The European Lobster is another highly prized crustacean living in Norwegian seas. The waters off Bamlo in Hordaland have proven to be an ideal growing spot for these lobsters, and commercial lobster fishing has been practiced in this area for over 300 years. The revamped “lobster park”, originally built in 1887 to facilitate the trade of lobster to England and the continent, is a testament to this lobster catching tradition.

These European lobsters can reach 30 years of age and weigh up to 5 kilos. The fishing season for the lobsters in Norway is strictly regulated and is only allowed using lobster pots. Typically, the lobster is boiled “au naturel”, with the shells being used for making excellent chowders or fish stocks. Excess lobster catch is often kept in indoor “pools” where they continue to grow until they are needed.

**New ingredients in contemporary Norwegian cooking**

There has recently been a push from both cooks and the Norwegian food community to expand the number of species of seafood being served in restaurants and at home. This aim has two purposes; one being to reduce the pressure on today’s most commonly eaten fish stocks, and secondly to expose people to a wider variety of exciting tastes the sea has to offer.

**Seaweed**

An especially large push has come from advocates of kelp and seaweed consumption, with the sector citing health benefits and increased taste, as well as relative abundance and ease of harvesting, as reasons to consume the product. As seaweeds are vegetables, encouraging consumption of kelp and seaweed in developing coastal areas where vegetable growing is difficult due to terrain or weather can also be seen as a positive project. Recipe ideas include wrapping fish in the seaweed and the grilling, or frying or woking the seaweed so it becomes crisp.

**Sea Urchins**

Sea urchins are another group of relative newcomers to the Norwegian palate, and are as such, a largely under-utilised species. There are large amounts of wild sea urchins to be found all along the northern coast of Norway, and good breeding potentials further south in the fjords. The other added benefit of harvesting these creatures apart from the obvious gastronomic one, is the fact that harvesting wild sea urchins will help in the recovery of the kelp forests along the Norwegian coastline, which will in turn lower the carbon dioxide content of the water. Norway has a real potential to be a big producer and consumer of sea urchins in the future.
CIDER FROM HARDANGER

The cider in Hardanger is characterized by its light, tart and aromatic apple flavour due to good growing conditions for the apples and the long traditions that have provided extensive knowledge of how to make cider.

Cider has been produced in Hardanger since the beginning of the 1900’s and was the first and so far only alcoholic product protected as a geographic speciality, and with good reason. Cider from Hardanger is made from apple juice and fermented either with the wild yeast from the apple peel, or with white wine yeast.

The cider from Hardanger has a natural variation in taste and aroma. Producers choose what kind of apples they want to use, the alcohol content, and the amount of sugar they wish to add. Alcohol percentage can vary from 3 to 12% and is classified as dry, medium or sweet.

BEERS

Which Norwegians first became acquainted with the joys of beer, and when, is unknown, but we do know that the Vikings had an above-average good relationship with both beer and mead. (Mead should not be confused with beer. It is brewed honey water and yeast and often spices or fruits are added to it.) Norse mythology is one of the earliest sources that mentions beer consumption in Norway. It stated that the god Odin himself was the one who brought beer to the people, but today most people agree that it came from abroad, possibly via the Baltic States.

In Norway, with its fjords, mountains and valleys, the taverns served as courts, where disputes and problems could be solved over a bowl of beer that went around the table. Each individual participant brought their own beer to share, as well as some wax candles.

Gulating law (The Gulating was the largest annual parliamentary assembly between 900-1300AD which took place in Gulen) stated that each farm should brew a strong beer for around Christmas time. The beer should be drunk to celebrate the turning of the sun, or the winter solstice. At least three neighbours would have to gather and bring a prescribed amount of beer to the community and on Christmas eve, the farmers would drink together in honour of Freya and Odin, and wish for a good year and peace.

The amount of malt each household should have, had to be at least equal to the total weight of the master and mistress of the farm. If they were strong in stature, their beer supplies could probably have lasted until Easter.

The beer was blessed on Christmas night in honour of Christ and the Virgin Mary. Strict penalties were handed down on whoever did not follow the injunction. The traditional nordic term “jul” was retained, and not Kristmesse (Christmas) as it is called in other countries.

Those who did not attend the Christmas feasts were fined, while those who failed to brew for Christmas 3 years in a row were exiled from the country, with the church getting half of their goods, and the king receiving the rest. These exiles, represented one of the main ways in which Iceland became inhabited! The only way to avoid exile was to go to communion to profess your Christian faith in front of the congregation.

Hansa Borg

The Bergen Region is no stranger to beer brewing and is also home to Norway’s biggest Norwegian owned beer company: Hansa Borg Bryggerier, which has its main operations localized in Bergen.

Hansa Brewery was established in 1891 when Waldemar Stoud Platou bought the Sembse brewery that had run the brewery business Kalfaret since 1849. Bergen had a long history of trade with the German Hanseatic League, so beer was a natural drink to be found in town.

With enthusiastic staff who have mastered the craft of brewing, the brewery has managed to make the traditional Hansa beer into a Norwegian success. Hansa Pilsner is currently the best selling Norwegian beer brand, and in its portfolio there are currently a total of 14 different beers including traditional root beers. Beer production is a central part to the region and there is fierce pride amongst the people of Bergen and their “home brand” Hansa beer.
Traditional restaurants with a contemporary twist

“Our vision is simple: We aim to delight our guests with a real seafood experience”
- Taste the Coast

Considering its population size relative to other countries, Norway has produced an extraordinarily large number of highly successful chefs. One need only to look at how many times the Norwegian cooking team has won or come in the top 3 in the prestigious world Bocuse d’Or competition to see this.

The organizers of the famous French culinary competition Bocuse d’Or have brought the combination of Norwegian Seafood and international cuisine to a new level. Seafood from Western Norway has played a role as a mandatory ingredient in the competition a number of times, promoting Norwegian seafood as a natural part of the international cuisine. Chef Ørjan Johannessen, from the Bergen Region, represented Norway and was awarded the Bocuse d’Or Europe in 2012, and competed in the World Championship in Lyon earlier this year.

SMAK AV KYSTEN
“Taste of the Coast” is a gastronomic network of restaurants, wholesalers and local food producers that gives a seal of quality for restaurants and dining places where every element in the presentation of the food is taken into account. There are strict quality criteria set for the members of the network in only taking use of the best ingredients from our coast. The Chef’s knowledge and care in the preparation of the food, the waiter’s serving skills, the fisherman and the fish farmer’s knowledge of when each fish species are at their very best, and the supplier’s efficiency in ensuring that the fresh seafood reaches the kitchen without any delay. Among Taste the Coast’s 45 members, 14 are located in the Bergen Region. These places are committed through the organization to ensure that the dishes served in the restaurant will be local and only contain the best seasonal ingredients. These must also be traceable and their sustainability has to be documented.

Bergen can boast of many restaurants that can offer a unique, traditional, local, and fine gastronomic experience, which together form a vibrant gastronomy community. The most notable are listed below, and all are member of the “Taste of the Coast” Network:

Cornelius

Located on the northwest side of Bjøra (Bjøya Island), only 30 minutes from Bergen city and only accessible by boat, dining at Cornelius is a unique seafood experience. The food is prepared with fresh ingredients, passion, knowledge and tradition. Cornelius has its own “Kjøkkennaust” (Boathouse Kitchen) and can offer their customers fresh seafood directly from the sea to the plate.

Cornelius was started in 2003 by two seafood enthusiasts Alf Roald Sætre and Odd Einar Tufteland. Chef Tufteland has a diploma in cooking with a specialization in seafood. Sætre is the third generation in a family of shellfish providers, has been working with seafood since 1975, and is equally known by the nickname “Skjellmannen” or “shell-man”. The two shared a common dream of offering seafood experiences to business and conference groups.

All photos on this page: Cornelius
Hanne på Høyden

Hanne på Høyden has been run by master-chef Hanne Frosta since 2001, and is famous for locally sourcing its ingredients. She has won a number of prizes for her engagement in the use of local food, notably the Ingrid Hovigs Espelid’s Food Culture Prize in 2010, as well as the Head Chef of the Year prize and the Countryside Chef of the Year prize.

The restaurant is constantly focusing on great flavours and surprising, innovative combinations as well as serving only local and organic food. The restaurant is well known for using traditional Norwegian ingredients from local producers. Hanne harvests ingredients like birch leaves, wild garlic, pine shoots and other interesting plants from the local nature.

At Hanne på Høyden you can enjoy dishes like apple cider steamed mussels with willow herb, pea soup with pork knuckle, steak from Western Norwegian fjord cattle, fresh milk flan with blackthorn sorbet and delicious fish and shellfish courses flavoured with seaweed salt. The restaurant uses exciting herbs and plants from the Norwegian nature in almost all their courses. Half of the dishes on the menu are seafood. This restaurant in Bergen has a children’s menu, and this too is composed of local organic produce with flavours of Norway.

Hanne på Høyden is decorated in a contemporary style, blending the use of traditional Norwegian materials and modern interior design. The original timber walls have been restored and the restaurant uses Norwegian furniture, silverware and china such as “Jærstol” and “Hardanger Bestikk”. The restaurant also offers outdoor seating in the backyard where you can sit in chairs lined with lamb’s felt.

Bryggen Tracteursted

In the middle of the Bryggen you can find the Bryggen Tracteursted, an intimate à la carte restaurant with great respect for its historic environment. The restaurant is situated in an old “Schatstue” built in 1708. The “Schatstue” with their stone floors, were the only places on the Bryggen where fires were permitted, as the rest of the Bryggen was built of wood and susceptible to burning down. “Schatstue” were thus the only places on the Bryggen where you could get a warm meal in winter and were the only place for the hanseatic merchants to warm themselves in the winter. This particular “Schatstue” is the only one still standing on its original site, but now has a modern kitchen inspired by Bergen and its past Hanseatic culture. In the living room you are tempted with “Tasteful trifles” – Norwegian tapas - and a wide selection of local beers. In the summer season the restaurant offers an open air area in the backyard and an outdoor seating area on the Bryggestredet (Bryggen wharf). The restaurant won the yearly Food Culture prize in 2011 for its menu.
**Haaheim Gaard**

The Haaheim family owned the farm for nearly 300 years before the current owner Torstein, early in the new millennium, happened to walk up the road to Haaheim and fall in love with the historic yard. At that time, Haaheim had stood empty for 30 years, but after Torstein took over the farm, he restored the yard and redesigned the landscape. Laughter, good local food and drink, and regular visitors create light and warmth in the previously abandoned rooms. Haaheim farm has won both the county council prize and the rural development prize; the latter prize being awarded to enterprises that promote the use of rural and agricultural resources.

On Haaheim Gaard, food and taste is a passion. Haaheim has dedicated gardener who has made their back yard into a food basket, with local herbs, vegetables, fruits and berries growing there. Haaheim Gaard has its own hunting licenses for deer, which can be found grazing in the surrounding wilderness, which are in turn served to farm's guests. In the mountains and forests surrounding Haaheim you can also find grazing sheep and cattle. The farm also harvests exciting ingredients for their menu from the same mountains and forests.

The kitchen at Haaheim is widely known for its creativity and culinary experiences. They have no set menus, as they are composed based on the ingredients that are available that day.

**Bekkjarvik Gjestgiveri**

Bekkjarvik Gjestgiveri was built at the end of the 1600’s, and has been a welcome reprieve for travelers for over three hundred years. Since the very beginning, hunting and fishing have formed the livelihoods of the locals living in Austevoll. At Bekkjarvik they salted herring, exported lobster, made thousands of wooden barrels, as well as produced and fixed fishing nets.

Bekkjarvik and the Inn have prospered in modern times. The old barrel factory and store have been aesthetically renovated, and the buildings are kept in good repair. The inn welcomes guests from all parts of the world, either for parties, recreation or meetings. Bekkjarvik Gjestgiveri is known for its excellent cuisine. It utilizes mainly fresh and local produce. Nature is all around and bountiful, with the sea offering different kinds of fish, shellfish and crustaceans while the neighbouring moorland and forest is home to wild sheep and deer. The cooks usually go into the woods in the morning to gather wild garlic and herbs. Bekkjarvik Gjestgiveri has been owned and operated by Øystein and Asta Johannessen since 1982. They have developed the Inn to become one of the coast’s most exciting travel destinations.

**Lysverket**

Lysverket is a new restaurant and bar located right in the middle of the city of Bergen. Lysverket aims to present a total experience with some of the best Bergen has to offer when it comes to food, drinks and music. The kitchen focuses on the fantastic seafood you can find in the Fjord Norway Region, while the bar serves classic and seasonal cocktails with self-produced juices and syrups. The restaurant has a small stage in the corner of the room from which live music or a DJ is playing in the evenings. The atmosphere of the restaurant is relaxed and comfortable.

This new restaurant has gathered some of Norway’s best chefs and bartenders. Chef Christopher Haatuft was lured out of the kitchen at Michelin restaurant Per Se in New York to come work at Lysverket. Also Dag Stian Knudsen, head chef at the gourmet restaurant Lucullus located in Bergen, and Stein Børge Berntsen, manager of the famous bar Biskoppen are a part of the team that aims to give you the feeling of “living a little Roman”.

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All photos on this page: Thor Brødreskift / Håheim Gård

Both photos: Bekkjarvik

Both photos: Lysverket
Traditional food markets and creativity centres

Bergen has always been a place for commerce and trade, and the Bryggen and the fish market are a testament to that tradition. The Bergen Fish Market is a historical institution and has been the centre of local pride and trade for the region of Bergen for the past 740 years. At the market you can buy local food from the region, fresh, or prepared in traditional ways. It is internationally recognized and is sited as a must see attraction when visiting the city. The fish market has been an important meeting place for the locals from Bergen and the surrounding area for buying fresh food harvested from the Bergen Region for centuries. This was and still is a place where producers got to meet their customers, and humanize the whole buying process.

Not all trade at the fish market used to happen on land. Many fishermen sold their fish directly from their boats. The fishermen that sold fish at the fish market, mostly came from outside the city, but still lived close enough for them to row to the market, sell their fish, and then row back all in the one day. Most of them sold fresh fish that they transported in a “fiskekiste” - a wooden case with small holes that they towed behind their boats. The fish was brought to and sold at the fish market in this way for many hundreds of years.

Far young bays the fish market was an important place to work and meet after school. Their job was to carry the fish from the market to the buyers’ homes. The biggest fish had to be carried by adults. Hardi Felgenhauer Sinchelberg was one of them.

He worked at the fish market in the 1790’s, but was more known by his nickname “Himmelfarten”. He became one of Bergens most famous men, as the English cod liver oil brand “Scott’s Emulsion” printed his likeness on their bottles for over 120 years.

The City of Bergen has brought the Bergen Fish Market into the 21st century, with a brand new food hall, a modern food education centre, and an overhaul of the fish stalls, which have been given more space, meaning that the market experience has become far more comfortable. A minority of stalls have also been made permanent, enabling them to be open all year round, as supposed to only being open during the summer months.

The adjacent farmer’s market also provides a host of different locally grown and traditionally prepared products – such as cured meats, cheeses, jams, and fresh fruits and vegetables amongst others. The idea behind the farmer’s market was inspired by the slow food movement and the growing desire amongst people to buy locally produced food.

The focus of the farmer’s market is for the consumer to receive locally grown Norwegian produce of excellent quality and taste. The meat comes from the producer’s own farm or from farms in the vicinity. The berries are personally harvested and the breads are baked in the producers own ovens. Because the producer’s sell you the products themselves, you can get information directly from the producer.
The Norwegian Seafood Centre is a foundation that promotes the use of seafood by increasing the quality of the end product in all aspects of the industry. It shares these skills and knowledge through the preparation and implementation of courses, conferences, product presentations and events. The centre facilitates dialogue between business environments, academic institutions and the public. The Norwegian Seafood Centre is involved in all aspects regarding seafood production and development, from product development to technology innovation.

With a new knowledge and experience program for seafood which started in April 2012 and with its location right next to the Bergen fish market, there has been marked interest in learning more about seafood, both among the public and in industries and companies. With their new centre, they aim to encourage people to eat an increased and more varied selection of seafood, and offer instructive advice in order to achieve this. They run exciting training courses for children, young people and industries, on the best ways to prepare seafood and use the different ingredients, as well as host events and training programs for the general public.

**Fiskesprell**

As part of the follow-up of the “Action Plan for a Better Diet in the Population” (2007-2011) a partnership between the Ministry of Fisheries and Coastal Affairs Department, the Department for Health and Care Services and the Norwegian Seafood Export Council has developed, to try and promote the consumption of fish by children in Norway. The project “Fiskesprell” was established in 2007 which includes participation from the National Institute of Nutrition and Seafood Research in the City of Bergen. The aim is to inspire, motivate and stimulate increased seafood consumption among children and adolescents in kindergartens and schools. The project aims to educate children and young people as early as possible about the importance of seafood in their diet, not to mention the great taste.

“Fiskesprell” gives staff in kindergartens and schools tips and advice on how seafood is prepared and presented with a youthful twist. Appealing ingredients are supposed to entice children and the youth to both learn how to cook for themselves and to taste and enjoy their results.
Festivals, awards and contests

**Bergen Food Festival**
The festival, which is Norway’s largest local food festival, brings together the best ingredients from land and sea and collects over 300 manufacturers from the region and attracts 70,000 visitors. The Bergen Food Festival takes place in September and is a very popular culinary event among producers and the public in the region. The purpose of the festival is to promote small-scale food production to the urban market. In recent years, quite a few farmers on the west coast have developed a variety of products, many of them based on traditional local recipes.

Participating companies come from Hordaland, Sogn og Fjordane, Møre og Romsdal, Rogaland, Buskerud and Hedmark. One of the winning factors of the Bergen Food Festival has been to create a closer proximity between the producers and the consumers. In addition, the Bergen Food Festival serves as a marked place to present the rich and diverse products of the region.

The **aim of the festival**

“To promote the development of the identity and the pride of the West Norwegian food traditions and to spread the brand name of ‘West Norwegian food culture’ as a part of the travel commitment of the west of the mountains.” Ole Bakkebø, County Governor of Hordaland

The **Hardanger Food Culture Festival** in Eidfjord, Hardanger is a festival that attempts to create a meeting point for different local traditions. It presents local history through local food traditions, crafts and artistic performances for all ages. Each year the festival focuses on a different theme: one year it is fish, another year fruit and vegetables and so on. The festival is held in the late autumn, when the year’s harvest is well underway, the evenings are still long and the timing is just right for good ingredients and company around the table.

Årets Sjømatkokk (The Seafood cook of the year) is a Nordic competition arranged in tandem with ‘Bergen Kokkenes Mesterlaug’ (Bergen’s Master Chef Guild). It has now been running for the past 10 years in Bergen and awards a prize to the best seafood cook in the competition.

The **Competition is held in**

the newly built Norwegian Seafood Centre, at the Bergen Fish Market. Competitors have to make 3 different seafood dishes which are judged by a panel of 4 professionals, in line with the Nordic competition rules. Each competitor also has to make a dish for one lucky member of the audience. There is also a “mystery basket” that the cooks have to make one cold and one hot meal out of.

The **Fruit and Cider festival in Øystese**.

**Hardanger** may not be the biggest, but is definitely one filled with character, with visitors and exhibitors coming back year after year. The festival is held over a weekend in October, with Saturday being the market day with good, old-fashioned market atmosphere and a diverse group of exciting local food products on offer. In addition, there are a number of local cider producers from Hardanger offering their wares and advice – which is a perfect opportunity to get the first hand information you need on brewing quality cider. On the Sunday, you can go and visit the orchard and farms for yourself, a trip which includes a tour and a number of activities for the little ones.

The **Beer festival in Bergen**

which started in 2012, is the city’s first festival focusing on artisan beers and beer culture, with an aim to show that beer is so much more than just a “pint”. Apart from the festival letting people take part in new experiences related to beer and food, both in terms of taste and knowledge, the event hopes to get more people familiar with the exciting world of beer and brewing in Norway. Every year the festival aims to have a theme, with 2012’s being “time”: entailing beer history, the new wave of microbreweries, brewing past and present, the future of beer, and so on.

The **festival is held in tandem** is located around Bryggen. Traditionally, on the “back side” of Bryggen, specifically Bryggestredet, which is accessible from the Nikolai Church. The Bergen Food Festival which

There are many more outstanding chefs in the Bergen region, including:

**Geir Skeie**: Grew up in a coastal community Fitjar and has developed to become a Norwegian master chef. He has excelled in the international context, both in the World Cup with the National Cooking Team and in the Bocuse d’Or. Skeie will open a new Fish Restaurant on Fitjar in Sunnhordaland during the course of 2013. He has won a number of different competitions including “Chef of the Year” 2006 and 2007, the Bocuse d’Or Europe 2008 and the Bocuse d’Or 2009.

**Ingrid Espelid Hovig**: Was born in Askøy and has influenced the Norwegian and Western Norwegian kitchen with her contribution to televised looking, at least 50 cookbooks with traditional recipes, and most recently as a judge in Bocuse d’Or. Her show was one of the first programs to be aired on television in Norway. The Espidol cooking program “Herring and Herring Dishes”. Ingrid has got her own food culture prize “Ingrid Espidol gastronomy prize” which is awarded to one who has put great effort especially in the spreading of Norwegian food and food culture.

**Ørjan Johannesen**: Grew up in a coastal community in Austevoll where he and his family own a restaurant and lodging, Bekkjarvik Inn. He is currently the head chef at the inn and has also won a number of awards in his time, some of them being the “Chef of the year” 2011, the Bocuse d’Or Europe in 2012 and the award for best seafood dish at the Bocuse d’Or 2013. His signature dish is the “Austevoll” for which he won European Championship title.

**Bergen and the region have a strong tradition of hosting gastronomic festivals and play host to a number of gastronomic competitions.**
Food Education

Hordaland has a number of study opportunities within the area of food, which give people the possibility of studying a profession within aquaculture, fisheries, seafood trade, seafood production, agriculture, cooking, farming and ecological farming.

Sotra Vidergående, Sandsli Vidergående and Austevoll Vidergående

Educational institutions in the region actively participate in food product events both locally and internationally. Frigår chef apprentices attended the international local food festival in Cardiff and cooking school Sotra College is the only school in Northern Europe that has WACS (World Association of Chefs Society) approval on their education program. Sandsli College has a number of international chef exchange programs. Austevoll College has its own education boat, the M / S Steady Course that gives students practical training in fishing and hunting.

World Association of Chefs Society

The Sotra College is the only College in Northern Europe that has WACS (World Association of Chefs Society) approval for their culinary education program. The WACS is a non-political professional organization, dedicated to maintaining and improving the culinary standards of global cuisines, and achieve these goals through education, training and professional development of their international membership.

Stend videregående skole og lokal gardsmat butikk

Within agriculture, the Stend College is highlighted as an example of a school that offers relevant and practical education. The study program is characterized by practical learning in animal husbandry, agriculture, horticulture, forestry and land use, as well as a theoretical platform which also deals with international trade, accounting, and the possibility of running your own Youth Business. To take the theory into practice Stend runs his own shop, selling everything from small seedlings to hanging baskets, a variety of vegetable plants, herbs, and anything else you would need to turn your garden into a food basket.

Sogn Jord og hagebrukskole- økologisk landbrukskole (SJH)

is a college that teaches organic agriculture to students. The central training venue is a versatile school farm which is entirely organic. Much of the teaching process is designed to be a practical work on the farm. The school also has a farm shop and a farm nursery.

Kompetansenavet Vest

The programs help to strengthen business, the cultural sector and the school system in the region and also bring in students from other parts of the country. The bulk of the teaching is conducted in Voss, but sometimes it is carried out in other places in the country by agreement with local institutions.

Stend videregående skole og lokal gardsmat butikk

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The fundamental principle for the Norwegian management of living marine resources is the principle of sustainable use based on the best available scientific advice. The term sustainable is generally defined as “a use or development that meets the needs of the present without thereby compromising the ability of future generations to meet their own needs.” In fisheries management, this can be interpreted as continuous harvesting of viable stocks.

The FAO has cited Norway as having one of the most sustainable fishing management practices in the world, meaning the Norwegian fishing model is truly something to emulate. The Fisheries and Coastal Department (FKD), the Institute of Marine Research (IMR) and the Directorate of Fisheries are all committed to researching and implementing sustainable fisheries practices in order to maintain future fish stocks.

The MSC’s fishery certification program and seafood eco-label recognises and rewards sustainable fishing. They are a global organisation working with fisheries, seafood companies, scientists, conservation groups and the public to promote the best environmental choice in seafood. Norwegian fishing firms were amongst the first in the world to have MSC certificates for Herring, Cod, Saithe, Haddock and Prawns.

In Norway, the Institute of Marine Research is responsible for monitoring the fish stocks and the other living marine resources in Norwegian and adjacent waters. From about 80 species exploited by Norwegian fisheries, scientific advice is given on approximately 20 species based on systematic stock monitoring, while advice on further 20 species is based on catch data. Many of the species have little commercial significance, but may none the less be important in the food chain and the ecosystem. As a part of Norway’s strategy to ensure a sustainable management of the marine living resources, a major effort has been made to combat illegal, unreported and unregulated fisheries (IUU fishing) and marine living resources crime (MLR crime).

IUU fishing occurs both within areas under national jurisdiction and on the high seas. Despite multiple efforts by global organisations, regional bodies and states, IUU fishing seems to persist. Fighting IUU fishing has been one of the highest priorities for Norway.

On the international level, Norway has initiated or supported several important initiatives. One development in this regard is the FAO Port State Control Agreement, which was signed in 2009.

In 2009 the government initiated a “Strategy for an environmentally sustainable Norwegian aquaculture industry” targeting challenges linked to:

• escapes and genetic interactions,
• pollution and discharges,
• disease and parasites,
• use of coastal areas and feed and feed resources.

Within academia, Bergen is perhaps most well known for its marine research community. The Bergen Marine Research Cluster is Norway’s largest, with over 60 per cent of all national marine science operations being conducted in the area. Bergen is uniquely situated for this type of research, as it gives easy access to different coastal environments as well as the open sea. There is also strong governmental support for this type of research and the large common laboratory facilities of the University of Bergen and the Institute of Marine Research ensure that researchers have the funds and facilities to carry out their work effectively. The area is thus ripe with innovation on how to cultivate the best practices for sustainable fishing and how to tackle problems arising from aquaculture.

Among the research institutions stationed in the cluster is the NIFES (The National Institute of Nutrition and Seafood Research) is a research institute with administrative duties, linked to the Ministry of Fisheries and Coastal affairs. The
Institute’s research focus is nutrition: feed for fish - and fish as food. The institute gives scientific advice to the government and food authorities concerning health and safety aspects of seafood from both wild catch and farmed fish.

With a staff of almost 700 the Institute of Marine Research is Norway’s largest centre of marine science. Their main task is to provide advice to Norwegian authorities on aquaculture and the ecosystems of the Barents Sea, the Norwegian Sea, the North Sea and the Norwegian coastal zone. For this reason, about fifty percent of their activities are financed by the Ministry of Fisheries and Coastal Affairs.

The research is carried out in thematic research groups that deliver results to the institute’s research and advisory programs. These research and advisory programs are responsible for delivering advice to the authorities, the industry and the society in general. These programs should also identify new scientific challenges that are to be solved in the research groups.

Uni Research Ltd is a research company with more than 500 highly qualified staff from 50 different nations. The company has an annual turnover of 66 million USD and is organised into seven departments. Uni Research carries out research and development in the fields of marine molecular biology, the environment, climate, health, modeling, energy and social sciences.

Christian Michelsen Research (CMR) is an institution that aims to conduct research for industrial development within the marine and maritime, energy and petroleum, and climate and environment sectors.

The University of Bergen is a northern cornerstone of European marine science. Situated at the shores of the Atlantic Ocean the university is ideally placed to conduct studies into various aspects of marine research. The university has also developed many multi-disciplinary approaches to marine research that include the involvement of scientists from the humanities, medicine and social sciences. The quality of the marine research being conducted at the University of Bergen has achieved international recognition. The close collaboration between industry and university research in aquaculture provided a textbook example of the potential advantages of such an interaction, and made Norway a world leader in aquaculture production.

The Haukeland University Hospital has about 11,000 people employed. For them, research is an important task, and they are Norway’s second largest medical research environment. They have a range of expertise and special functions at both the national and regional levels. Their budget is about 1.3 billion USD.

The City of Bergen’s application to be a member of “Creative Cities Network” is to be seen as an application on behalf of the entire Bergen Region and its communities. Bergen City has been and continues to be an important international marketplace for the region’s natural food assets.

The mission of the Bergen Region application is to contribute towards future sustainable gastronomy. Correct nutrition is not just about healthy food, but also about getting enough food. The Bergen Region meets both the need for healthier food in our part of the world, and is also contributing towards increasing food security in other parts of the world. The concept of sustainable development was established by the previous prime minister of Norway Gro Harlem Brundtland and is the centre of Norwegian government food policy. The City of Bergen plays an important global role with its seafood authorities, research community and global seafood industry all working together to enable Norwegian food production to operate within a sustainable framework.

The City of Bergen’s Contribution to the Creative Cities Network
With the Bergen Region’s gaze set firmly towards the sea, it is only natural that the majority of the region’s specialties come from the cold, clear depths off the area’s vast coast. Salmon, Fjord Trout, Cod, Herring, Shellfish and Crustaceans have all formed an essential part of the Bergen region’s gastronomic identity. That is not to say that the Bergen Region does not provide other gastronomic treats. Hardanger, with its dramatic landscape and centuries old fruit orchards which cling to the mountainside, produces some of the world’s most unique fruit and berries; and the wild coastal sheep that graze off wild rosemary and other herbs, are capable of delighting the palate of even the most seasoned connoisseur.

**AMBISSION – MAKING SUSTAINABLE POLICY A REALITY**

The aim of the City of Bergen is to join forces with other cities and regions to contribute towards sustainable management of natural food resources. This is an absolute prerequisite for successful global resource- and environmental management. Seafood resources represent a valuable renewable resource with regard to nutrition, food security, employment and export earnings. The seafood industry is already an important part of many developing countries’ economy, with about 70% of all pelagic fishing and 90% of all fish farming being carried out in developing countries worldwide. 95% of those employed in the fisheries and aquaculture industry are living in developing countries.

International cooperation on development is a priority for the government of Norway and the City of Bergen. Bergen will offer a partnership so that sustainable fisheries, aquaculture and resource management get a clearer and more prominent role in Norwegian development policy.

The Government’s ambition is that Norway will:

- Promote seafood’s importance and place in global nutrition.
- Participate in international arenas where food security is discussed, including the FAO’s food security work.
- Cooperate with developing countries in the development of sustainable aquaculture and fisheries.
- Work so that sustainable fisheries, aquaculture and marine environmental management get a clearer and more prominent role in Norwegian development policy.
- Ensure that the entire breadth of the Norway Ocean Resource Management is made available for long-term participation in development cooperation. This expertise is vital to ensure that Norwegian assistance in this field is the best.

**The Bergen Region** is dedicated to development-oriented work in marine research and management. The Centre for Development Co-operation in Fisheries (CDCF) is a partnership between the Directory of Fisheries and the Institute of Marine Research. The aim of the work of the Centre is to contribute to the establishment of independent research institutions and management systems in partner countries for their fishing practices. Through institutional co-operation, the CDCF assists developing countries in achieving maximum and sustainable benefits from marine resources. Today, Bergen coordinates a bilateral cooperation with institutions in Namibia, Angola, South Africa, the area off Northwest Africa, Mozambique, Vietnam, China and Indonesia.

**CDCF focuses on:**

- Management issues related to biological diversity of marine ecosystems
- Research on and monitoring of fish resources and the marine environment
- Fisheries management in marine areas
- Institutional development in research and management with emphasis on the role and function of government organisations
- International agreements, treaties, conventions and codes
- Food security and poverty alleviation in relation to the fisheries sector
- Coastal zone issues as seen from a fisheries perspective
- Research and management in marine aquaculture
- Quality control of fisheries products.
INSTRUMENTS FOR ACHIEVING INTERNATIONAL COOPERATION

The Bergen Region food strategy has created a future organizational structure, fulfilling the criteria set up by UNESCO for a city of gastronomy. The Bergen Region has already several private and public partnerships within gastronomy, food education and sustainable resource management.

The Bergen Region has a strong international network working in close cooperation with international organizations and other international communities within cultural, maritime and marine industries, and gastronomy. The region offers several private and public instruments to facilitate international cooperation, which are important for achieving cooperation within the Creative Cities Network.

The City of Bergen is an international, creative, and cultural centre with great potential to add gastronomic ideas to promote sustainable values for food produced in the region. The city’s application to the UCI Road World Championships for the Bergen Region will be an important international arena to promote the region’s creative and sustainable gastronomic community.

Hordaland County Council, Innovation Norway and The Agriculture department of Hordaland are all important regional instruments for creative innovation and development of Norwegian enterprises and industry. They support companies in developing their competitive advantage and to enhance innovation and internationalisation. NCE Tourism is a National Centre of Excellence, and important tool for developing sustainable tourism and fjord gastronomy in the entire Fjord Norway Region.

The internationalisation of Norwegian research and research policy is increasing both in scale and importance. International cooperation is crucial both in the context of the research itself, and for supporting knowledge-based innovation and industrial and social renewal.

The Research Council seeks to enhance international cooperation in areas that promote higher quality and greater innovation capacity in Norwegian research, that reinforce R&D areas of national importance, and that strengthen Norway’s role as a global partner. High priority is given to cooperation with multinational organisations such as the EU, the European Science Foundation (ESF), COST and EUREKA as well as with Nordic research. Priority is also given to bilateral relations with partner countries such as the USA, Canada, India, Japan, China and Russia.

Collaboration in connection with development assistance projects is targeted especially toward South Africa and the West Balkans. The Research Council has entered into cultural agreements with 27 countries, offering reciprocal exchange of students and specialists.

Norwegian researchers are taking active part in the development of the European Research Area (ERA), and the Research Council participates in more than thirty ERA-NETS, which are designed to enhance coordination of nationally and regionally-funded R&D programmes in various fields. Moreover, the Research Council administers the Norwegian section of the European network of portals to promote researcher mobility (EURAXESS).

COMMON CHALLENGES AND FUTURE SOLUTIONS TO SUSTAINABLE GASTRONOMY

The way ahead is best described through the words of the head of the Ministry of Fisheries and Coastal Affairs and the head of the Ministry of Agriculture and Food:

“The government’s ambition for the Norwegian seafood industry is that Norway will be the world’s leading seafood nation. If one asks what Norway is known for abroad, the dominant answer will be fish and seafood. Fish – the most Norwegian, but one of the most international products we have”.


“We are the premier food nation in Scandinavia. Now the goal is to establish our dining experiences amongst the world leaders in this field. We should cultivate food nation Norway – also because there are great market opportunities here. Food is an important focal point in the community and part of our common heritage. And Norwegian food culture is a starting point for innovation in the sector”.

Agriculture and Food Minister Lars Peder Brøkk, in his speech on the new parliamentary report “Welcome to the Table” in 2012.